



## Hot Caramel Apple Cider

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



98 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup optional: apple jack liqueur
- 0.5 gallon apple cider
- 0.5 cup brown sugar packed
- 0.3 cup garnish: caramel ice cream topping
- 1.5 teaspoons cider vinegar
- 1 cinnamon sticks
- 1 cranberry-orange relish sliced
- 1 teaspoon vanilla extract

# Equipment

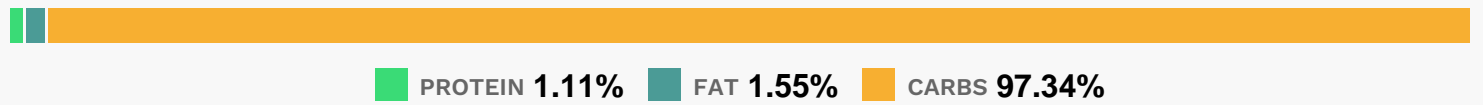
slow cooker

# Directions

Combine all ingredients except topping in a slow cooker. Cover; cook on low setting for 5 to 6 hours. Strain; discard spices and orange.

Serve in mugs, drizzling a teaspoonful of topping into each mug.

# Nutrition Facts



# Properties

Glycemic Index:10.02, Glycemic Load:5.83, Inflammation Score:-1, Nutrition Score:1.6439130390468%

# Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 5.87mg, Epicatechin: 5.87mg, Epicatechin: 5.87mg, Epicatechin: 5.87mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

# Nutrients (% of daily need)

Calories: 97.95kcal (4.9%), Fat: 0.17g (0.27%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 23.87g (8.68%), Sugar: 21.94g (24.38%), Cholesterol: 0mg (0%), Sodium: 22.82mg (0.99%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 0.28g (0.56%), Manganese: 0.14mg (6.88%), Vitamin C: 5.63mg (6.83%), Potassium: 152.38mg (4.35%), Fiber: 0.64g (2.57%), Calcium: 23.24mg (2.32%), Vitamin B1: 0.03mg (2.18%), Magnesium: 7.97mg (1.99%), Vitamin B6: 0.03mg (1.55%), Vitamin B2: 0.02mg (1.45%), Iron: 0.22mg (1.24%), Phosphorus: 12.16mg (1.22%), Copper: 0.02mg (1.16%)